The King's Hedges Community News

Spring 2010

Welcome to the Spring Edition of the King's Hedges Community News, especially if you are reading this for the first time!

Inside you will find feedback from some events that happened over the Christmas period and lots of information on events and projects coming up soon.

If you have any ideas for new events or projects then please do let us know as we may be able to help set something up! The Book Group, Crochet Class, Spanish Class and Sewing Class were all ideas that came from you, the residents of King's Hedges. On the other hand, if you have a skill that you would like to share, then again please let us know. The office at No 37 is open from 9.00am - 12noon Monday - Thursday or you can email at the address below.

Number 37, 37 Lawrence Way (next to Campkin Road Shops)
King's Hedges, Cambridge CB4 2PR
Tel/Fax 01223 508197 email: marie.khnp@virgin.net

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Arbury Carnival 2010 At Town Park, Campkin Road, Cambridge
Date: Saturday 12th June 2010 Theme: The World of Sport

Theme

The theme for this year's Carnival is The World of Sport. This theme was influenced by this year's World Cup but we hope that participants will consider the wider world of sport and come up with some original ideas for costumes in the procession and that stallholders will embrace the theme and decorate stalls accordingly.

Booking Forms

Bookings will be sent out in the next month. Anyone interested in taking part in the procession, arena entertainment or having a stall at the carnival should contact Alan Soer on 01223 712038 or alan@arburycarnival.org.uk for a form.

Sponsorship

After the success of last year's programme of events which were distributed to all local school children, the Committee are hoping that local businesses will be keen to advertise and will be sending out details shortly. Please contact Tracy Parr at tracyparr@arburycarnival.org.uk for more details.

Website

The website is updated regularly and includes contact details for the Committee members and photos from previous carnivals.

About the Arbury Carnival Committee

The Committee is a voluntary group of local residents. Extra volunteers are always needed and the Committee would warmly welcome anyone who would like to come along to future planning meetings.

Based at the Arbury Community Centre, the Arbury Carnival Committee is a non-profit organisation which generates funds for the local community.

General contact details: Alan Soer at the Arbury Community Centre on: 01223 712038.

Publicity/Sponsorship contact details: tracy.parr@arburycarnival.org.uk or tracypartridge@arburycarnival.org.uk

Dates for your Diary 2010

Newsletter Deadlines
10th May
9th August
8th November

Eat and Meets 12noon North Arbury Chapel (for local groups and Organisations)
2nd March
8th June
7th September
30th November

Events

7th April	Egg Hunt @ No 37 (TBC)
12th June	Arbury Carnival
12th August	Teddy Bears Picnic @ No 37

For further information on any of the above contact Marie Cassidy on 01223 508197 or call into No 37.

News from No 37

King's Hedges Neighbourhood Partnership will be holding another First Aid course on Saturday 13th March 2010 at Arbury Community Centre from 9.30am - 4.30pm

This course is a Emergency First Aid at work course and is appropriate for anyone that is wanting to act as an appointed person in the workplace or for anyone wanting a basic level of knowledge for the home.

The cost of the course is £5 for King's Hedges Residents and £7.50 for those that live outside of King's Hedges.

This includes a First Aid book, Certificate and refreshments (you need to bring your own lunch). For further details or to book your place contact Marie Cassidy on 01223 508197 or call into No 37 Lawrence Way.

If you require further copies of the King's Hedges Newsletter they can be picked up at No 37 or Arbury Community Centre or a online version can be found on the City Council website and the Manor Community College website!

Annual Easter Egg Hunt

The Annual Easter Egg hunt will take place on Wednesday 7th April from 10.30am - 11.30am at No 37 Lawrence Way Community House. Come along for Easter Crafts, Face painting, Raffle and of course the Egg hunt!

There is no charge for this event but you do need to book in advance as it is always very popular and places are limited. (Children need to be accompanied by an adult.)

To book contact Marie Cassidy on the above number.

Goodbye to Sarah from KHNP

We will be very sad to see Sarah from KHNP leave for pastures new in April. On the other hand we are very excited for her and her husband Tom as they set off to the beautiful country of Switzerland for 12 months or possibly longer! We would like to thank Sarah for all her hard work and enthusiasm at not only KHNP but at the Children's Centre where she ran family drop-in's and the Community Centre Café where she also worked. Sarah has been involved with KHNP and Summer Blast for a number of years and will be greatly missed by us all!

Aladdin Pantomime

On Saturday 16th January over 100 people came along to see the annual Pantomime which was performed by Chaplin's touring Pantomime troupe.

This event has always been very popular and is good fun for all ages. It is very hands on with lots of audience participation. Next year's Pantomime will be Cinderella and it will be performed on Saturday 15th January. Look out from November for ticket information!

'very good, the children loved it'

'very enjoyable performance'

'VERY GOOD'

'AWESOME!'

'Good entertainment and value for money'

Members of KHNP

'EXCELLENT FUN!'

'A wonderful show'

'Very well done, the children were enthralled!'

Ace Hypnotherapy Advice Helpline

Ace Hypnotherapy is pleased to announce the opening of their new Hypnotherapy Advice Helpline. This is a service where callers can discuss matters of general health and wellbeing and how hypnosis may be able to help them.

Ace Hypnotherapy was started 15 years ago by local hypnotist, Steve Marshall. During this period Steve has helped hundreds of people to overcome obstacles in their lives, not just through hypnosis but also combining it with EFT (Emotional Freedom Therapy). Although based in Cambridge, Steve travels all over the UK.

Hypnosis can help with a wide range of ailments, from helping people to stop smoking, lose weight, gaining confidence and deep relaxation sessions which may alleviate any stress-related conditions such as headaches, backaches and insomnia. It can also relax people who are about to take driving tests and exams, opening the avenues to their minds and memories making it easier to recall things. Realising some people don't want to do things alone, group sessions are also encouraged.

For further information please contact Ace Hypnotherapy on Tel: 01223 473886. Alternatively, visit the website at: www.acehypnoshow.co.uk and click on the 'therapy' page.

Come along and join us for the King's Hedges

'Eat and Meet'

Followed by the AGM of

King's Hedges Neighbourhood Partnership

North Arbury Chapel, Cameron Road

At Noon (AGM at 1.00pm)

Tuesday 2nd March 2010

We provide the lunch and refreshments

Please RSVP to Marie Cassidy, 37 Lawrence Way, Cambridge CB4 2PR
01223 508197 marie.khnp@virgin.net

The eat and meet is a networking event for people who work in or for the benefit of King's Hedges. It provides an informal and relaxed environment to meet other people working within the community with different agencies or projects.

It enables information to be exchanged effectively and offers a chance to meet many people you may not have the time to meet individually or even be aware of yet.

If you are unable to attend our AGM and would like to know more about the work we do or you would like to join us then please do contact us on 01223 501897 likewise if you would like to see a copy of our annual report .

Do you like attending events and would like to see more? Pop into No 37

Are you new to the area and want to know what's on in the local community-pop into No 37

THE HEALTHY LIVING PROJECT

Get fit, get happy, have a fun morning!

The walk and talk is aimed at local people and takes place four times a year.

We start from the Arbury Community Centre, walk a route through the estate to Buchan Street Neighbourhood Centre, do a fun quiz on route and have lunch together when we get to the centre.

It's all FREE. It's a great way to get out in the fresh air, meet new people and have a bit of fun.

The next dates are February 25th and May 27th. Ring us on 01223 508149 to book your free space.

Broaden Your Horizons
~ A Healthy Living Project for Over 55's
The Spring Trip

Each March we have been lucky enough to visit a host of varied and interesting places, including places as diverse as country estates, the coast and pretty villages.

On 30th March we will be doing a two stop visit. We will be visiting Flixton air museum in the morning and Southwold in the afternoon. The coach will be leaving Cambridge at 8.30am and leaving Southwold to return late afternoon.

Tickets will go on sale February 24th and some will be available from Jean at the NQOTHC, Mary Denny in the community and the majority from Buchan Street Neighbourhood Centre. Tickets will cost £10 each and will be allocated on a first come first served basis. WE WILL NOT be taking advance orders, so please don't ring us before and ask to have your name put on the list or ask our volunteers for special favours. There are usually more than enough spaces to go around and if interest is high, we will look at arranging a larger coach.

The trips are usually good fun and include a fun quiz on route with silly prizes for the winners on the return trip. We hope if you haven't been with us before, you might be tempted to come and join us.

King's Hedges Book Group meet on the first Wednesday of the month 2.00pm - 3.00pm at No 37 Come along and join us!

Events at Buchan Street Neighbourhood Centre

Family Christmas Party

Thank you to all the families who attended out Christmas party at Buchan Street Neighbourhood Centre on 22nd December.

The event was a great success with story telling, magic and a disco, as well as a great afternoon tea made by staff and volunteers.

Santa paid a visit with sweets for the children and everybody left in the Christmas spirit. Look out for this Christmas's event in the Autumn edition of the news.

Up and coming events...

Easter means the Mad Hatters Tea Party at Buchan Street Neighbourhood Centre!

Come along and make a hat, play games and enjoy a sit down tea.

Tuesday 13th April, 2.30pm - 4.30pm at Buchan Street Neighbourhood Centre. Only £1.50 per ticket! Tickets go on sale March 19th.

The New Year Sing-a-long

This year, our Christmas event for over 55's got moved and we had a New Years event instead.

Budgie came to entertain with songs everyone knew and loved and most people got up and had a good dance as well. Afternoon tea went down really well, as did the raffle.

There will be more great events for over 55's over the year. Please ring us on 01223 508149 if you'd like to go on our mailing list for information or watch out for updates in the news.

Welcome to Buchan Street Neighbourhood Centre

2010 Buchan Street Neighbourhood Centre celebrates 20 years!

Do you have any memories of Buchan Street Neighbourhood Centre? Do you have any photographs or other memorabilia?

We would love to hear from you and borrow anything that people may have from that period of time.

We will be throwing some sort of party or special event later in the year to celebrate.

Please contact us at Buchan Street Neighbourhood Centre on 01223 508149 if you have anything you can share with us.

Are you free on a Tuesday morning?

Yes? Would you like to get out, meet people, share a cuppa and a chat, try new things?

Come along to Buchan Street Neighbourhood Centre on Tuesday mornings at 10.30am and join us. It's all free and we?

Cambridge Hard of Hearing Club

Cambridge Hard of Hearing Club meet at the Buchan Street Neighbourhood Centre on the last Thursday of every month from 2.00pm - 4.00pm. There are a wide variety of talks with a loop system and Speech to Text which enables everyone to follow everything. Dial-a-Ride collects and delivers members from the City.

Contact: Avril Dring, 99 Tavistock Road, Cambridge CB4 3ND or telephone 01223 312107 or leave a message in the Centre Office.

A Big Bouquet and Huge Thanks...

We have been very lucky over the last year to have the help and support of a growing band of fabulous local people who pitch in and help us.

Thank you to Jay Warburton, Jill Boswell and Elizabeth Hughes, regulars at our Tuesday drop-in who have become a great help at our events at Buchan Street Neighbourhood Centre. Their catering skills and unflappable tea making have been a great addition to our team.

Thank you to Mary Denny who has become a much loved fixture at our Soft Play session on a Friday morning. The children love having her here and the staff are rather fond of her as well!

Also thank you to the ladies on the Broaden Your Horizons committee for all their time and effort at our regular planning meetings, for helping plan the events as well as pitching in and helping out. Thank you to Jean Samson, Bette Burchell, Mary Denny, Jay Warburton, Jill Boswell, Leila Dockerill, Ellen Donaldson, Margaret Edwards. You are all stars!

Arbury Community Centre News

Last year was a very busy one for the centre with increased usage, many new groups starting and the cafe even busier than ever. The trustees,staff and volunteers work hard to ensure that the centre continues to meet the needs and challenges of a diverse community and we are always keen to welcome new supporters and users.
Last year we managed to get the large hall redecorated and replaced the old chairs with 160 new ones. We have just installed Wi Fi in the cafe area so we hope that this will provide a useful addition to the services we already provide.

We still have some time slots available for regular users and our rates are very competitive and with a cafe and licenced bar we are able to meet most requirments.

So whether you are looking to run a group,join an existing one, organise meetings or conferences or looking for a venue for a family celebration or just somewhere to go for a coffee and a chat then the Arbury Community Centre is waiting to greet you. For more information visit us at www.arburycommunitycentre.org.uk or email us at admin@arburycommunitycentre.org.uk or give us a call on 01223712038.

Arbury Court Tree Event 2009

On Tuesday 8th December the Mayor of Cambridge officially switched on the Christmas tree lights in Arbury Court.

Despite the cold weather, around 300 people attended this event where they were entertained by singers from the following schools Manor Community College, The Grove Primary and Arbury Primary. Women of note singers were also on hand to sing a festive tune!

For the first time this year Cheerleaders from the Pink Panther cheerleaders also braved the cold to perform.

It was all rounded off with a visit from Santa and mince pies and coffee.

A big thank you to all those that performed and to Brian at Budgens for providing the refreshments on the night.

This years event will be on Tuesday 7th December 2010

'Not Quite Over The Hill Club'

Welcome to all our over 55 readers!

Hello everyone again!

Wow! The time for the 'little yellow book' has come round again. How times flies!

We have lost a few of our dear friends but have gained some new members. Please make them feel welcome and introduce yourselves.

I have been saddened by the upset at the club recently and I sincerely hope it will now cease and we can once again be a happy-go-lucky club, after all life is sweet, so why spoil it by niggling complaints. A lot of hard work goes on behind the scenes and a lot of planning as I think most of you realise.

Well that's enough of that. I hope you are all keeping warm, if not put your music on and have a little dance round your living room (ha ha) I do but then I am a teenager at heart.

We have a lot of outings, parties etc to look forward to at the club for you to come to, which I hope you will enjoy.

Thank you all for your support, I do appreciate that!

Well that's all for this time.

See you Soon
Bette Burchell

COMING SOON

New singing group for Ladies

Wednesdays from
7.30pm - 9.30pm
at Arbury Community Centre

We are looking for voices of different ranges, ie from quite deep to medium high and in between. Knowledge of music is not necessary as songs can be learned by teach tape at the singer's own pace. All that is needed is to have fun and a voice that can sing in tune.

The type of music we sing is Jazz, swing, blues and dance tunes of the 40's, 50's and 60's etc.

Monday afternoons
For mothers with children at school
from 2.00pm - 3.15pm

For more info, please phone
Betty on 01223 514016 or email
b.alyson@ntlworld.com

facebook

For those of you that belong to the social networking site 'Facebook' – you can now join the 'King's Hedges Neighbourhood Partnership' group. Here you will be able to find all the up-to-date information about events and courses! Our newsletter is only issued 4 times a year so this way you can keep up-to-date with the very latest news 24/7! Just type in 'Kings Hedges Neighbourhood Partnership' into the facebook search engine and there you will find us!

Take The Black Bin Challenge

- **Are you making the most of your new blue bin and recycling whatever you can?**
- **Do you use up most of your food and only throw away what's left in your green bin?**
- **Do you avoid creating rubbish by not buying over packaged goods and making sure that unwanted but usable stuff finds a new home?**

In other words, are you only putting rubbish in your black bin that cannot be disposed of in any other way?

Probably not. But you could with a bit of effort and some help.

Halve your rubbish

The black bin challenge is being run as part of the Community Recycling Champions initiative – ordinary people learning about reuse and recycling and spreading the word across their community. In short, the challenge is to halve the amount of rubbish you throw away in your black bin. Avoiding the things that generate rubbish in the first place, such as excess food and packaging, and being smarter about how you dispose of rubbish is a good start. Developing good habits is key and if you register for the challenge you will receive help, advice and practical support that will enable you to significantly reduce your waste. You could also save up to £50 a month on your shopping bill.

So, how about it? Take the black bin challenge - can you reduce the amount of rubbish you throw out in your black bin by half?

If you want to know more about the black bin challenge, are interested in becoming a Community Recycling Champion or are a member of a group and would like a talk on recycling and reducing your waste, please contact Mark Buckton on 01223 457673 or email mark.buckton@cambridge.gov.uk

YOGA

A new Yoga Class with Rod Mulvey at Arbury Community Centre

7.00pm - 9.00pm Tuesday

Phone: 01223 515226
Email: rodmulvey@ntlworld.com

Hedgehogs Play Session

Every Monday during term time, 1.00pm - 3.00pm
King's Hedges Primary School

NEW PARENTS & PARENTS TO BE

Every Monday
12.00noon - 1.30pm
Colleges Nursery and Family Centre

Reusable shopping bags for King's Hedges residents are available free at No 37!

Can you make a great cup of tea? Pop into No 37

News from Budgens

It's certainly been a busy year at Dee's Budgens of Arbury Court. Not only have we had our most successful Christmas to date but we have also continued to support the local Community.

Our pennies for plastic campaign in conjunction with Arbury Community Centre has resulted in over £700 being raised towards their amenities fund and helped reduce the stores Carbon footprint by saving the use of over 70,000 plastic bags!

The Year Ahead

Dees Budgen's continues to look for exciting new ways to improve our service and our recently incorporated self-serve hot food counter has proved popular.

Our main focus is to deliver and actively promote our 'value' message throughout the store, hence being as competitively priced and ranged as possible for all our customers. We plan to continue working with King's Hedges Neighbourhood Partnership over the following year in particular looking at ways to improve Arbury Court Shopping Centre for the whole Community.

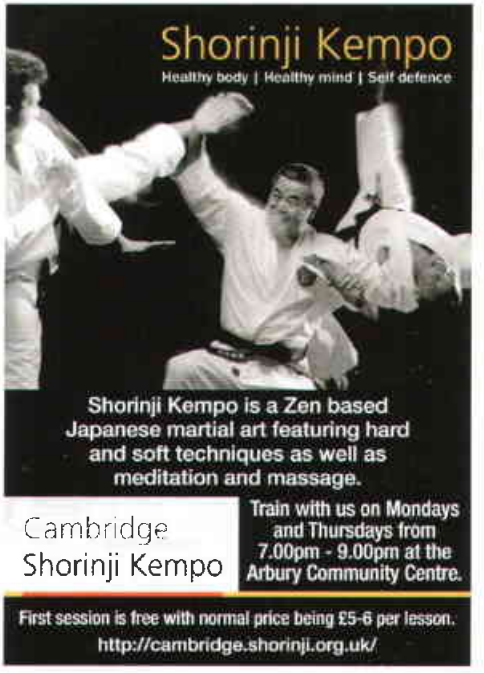
I am looking forward to updating you all in the next issue!

I look forward to seeing you within the store.

Brian Moorey - Store Manager.

Did you know you can now recycle your old used batteries at Budgens Arbury Court and Tesco Express, Campkin Road!!

Are you often alone and want to meet new people? Pop into No 37


Shorinji Kempo
Healthy body | Healthy mind | Self defence
Shorinji Kempo is a Zen based Japanese martial art featuring hard and soft techniques as well as meditation and massage.
Cambridge Shorinji Kempo
Train with us on Mondays and Thursdays from 7.00pm - 9.00pm at the Arbury Community Centre.
First session is free with normal price being £5-6 per lesson.
http://cambridge.shorinji.org.uk/

News From Your Local Police Team

Creating a safer
Cambridgeshire

At the time of writing this, I am pleased to say that the level of crimes recorded remain low. Unfortunately, graffitti seems to have increased in the area, not just in King's Hedges but across the city. If you see anyone writing on walls, fences, etc then please call us on 999. If you know who is doing it, or have any information regarding graffitti then please do let us know on the non-emergency number 0345 456 456 4.

If you come across graffitti, then please report it to the Graffitti Team at Cambridge City Council. They will come and remove it and if the graffitti is offensive, they will try and remove it within 24 hours of it being reported. You can contact them on 01223 458293.

POLICE SURGERIES

We continue to hold police surgeries on the last Wednesday of every month, between 11.00am and 1.00pm in Arbury Court. Either ourselves or our colleagues in the north team will be patrolling in and around Arbury Court on those days and this is an opportunity to come and speak to us and tell us any concerns that you may have.

We are also starting to hold surgeries on a Saturday morning in the area. We're holding one in Buchan Street Community Centre on the 6th February, which will have past by the time this newsletter has been distributed but please keep looking on the community notice boards in the area, in the local paper and reading our E-cops for details of more surgeries. If you haven't already, please do register onto E-cops by going onto www.cambs.police.uk/signup/ecops

Thanks for your continued vigilance. Please do keep reporting suspicious things you see to us. If you would prefer to remain anonymous, you can call Crimestoppers on 0800 555 111.

Take care and we'll see you out and about.
Your King's Hedges Police Team

PC 1641 Tom Gallagher
PCSO 7370 Tom Eke
PCSO 7346 Jan Upex
PCSO 7152 Louise Walbank

Do you have a couple of hours to spare?
Pop into No 37

Tea Dances at the Meadows Centre:

February 12th Chris Booth

February 26th Leigh Murfet

March 12th Bob Watts

March 26th Leigh Murfet

Dances start at 2.30pm
and cost £3.20 admission.
Free cup of tea and draw ticket.

At the Meadows Centre:

The computer project runs a drop-in Monday to Friday at £1.50 per session.

The Meadows can now offer FREE WiFi in the cafe area.

The Meadows Munchbox, opens between 9.00am - 2.00pm Monday - Friday.

For more information, please telephone 01223 508140 or email meadows@cambridge.gov.uk

parkside federation

Saturday 20th March Taster Sessions

Try Something New in 2010 with Adult Learn and Train

Parkside Campus

Basic Food Hygiene *	09.30-17.00	£85
Dyslexia: Find Out More	10.00-13.00	£10
Japanese Block Printing	12.30-14.30	£18
Moving Through Stress: with Tai chi and Meditation *	10.00-16.00	£24
Painting and Drawing Taster	11.00-14.00	£15
Understanding your Teenager	10.00-12.00	£8
Walk around Cambridge	11.00-13.00	£5

Manor Campus

Ballet for Adults	12.00-13.00	£5
Turkish Belly Dance	10.00-11.30	£8
Calligraphy	10.00-13.00	£15
Cookery Workshop	10.00-16.00	£30
Dressmaking: Making Children's Clothes *	09.30-16.00	£26
Make a Roman Blind in a Day *	09.30-16.00	£26
Stained Glass: Mobiles & Hanging Pieces	10.00-16.00	£30

To book your place: phone (01223) 712340 / 712406 or email learn&train@parksidefederation.org.uk or for more information and course details check out our website: www.parksidefederation.org.uk/learn&train

Current learners in 2009/10 are eligible for 5% discount on these classes. If you are a new learner you can claim 5% discount off any class in the summer term (*you must book before the start of term*).

Funded by >lsc Leading learning and skills

Cambridgeshire County Council

*** Day School - please bring a packed lunch.**

KINNERZ COACHING

CAMBRIDGE SPORT NETWORK

NORTH CAMBRIDGE SPORTS ASSOCIATION - NCSA

www.cambridgesportsnetwork.org.uk

FREE FOOTBALL - 2010
@ MANOR SPORTS HALL

FRIDAYS - 8 till 9:30 pm
for 12 to 16 year olds

Feb 19th to Mar 26th

Funded by: Cambridgeshire Community Foundation
Continuing in April till March 2011, funded by Young Lives

No booking needed – Simply turn up and play
A 9pm pick up is allowed if you feel this is a more appropriate finish time for your child/teen

ALL coaches insured for public & employers' liability, CRB checked, first aid trained and child protection certified

Contact Phil for more info: pj.kinnerz@ntlworld.com / 571 385

KINNERZ COACHING

CAMBRIDGE SPORT NETWORK

NORTH CAMBRIDGE SPORTS ASSOCIATION - NCSA

www.cambridgesportsnetwork.org.uk

FREE MULTI SPORTS CLUB - 2010
@ MANOR SPORTS HALL

FRIDAYS - 4:30 till 6 pm
for 7 to 13 year olds

February 26th to March 26th

The club includes football every week, along with basketball, badminton, cricket, rounders, stickball, tag rugby, benchball and much more throughout

ALL coaches insured for public liability, CRB checked, first aid trained and child protection certified

Contact Phil for more info: pj.kinnerz@ntlworld.com / 571 385

Rainbow Playgroup

We aim to operate as an equal opportunities provider for children aged 2 ¼ to 4 years old

Open on Monday, Tuesday, Wednesday, Thursday, Friday.

During term time 9.00am - 12noon

Run by a warm and caring and enthusiastic staff offering provision in line with the Early years Foundation Framework

Nursery Education for 3 years accepted

For more information or to arrange a visit please ring Julia on 07960382465 or email us at Rainbowplaygroup@live.co.uk (Please ring during Playgroup hours only)

Rainbow Playgroup
c/o Manor Community College,
Arbury Road, Cambridge CB42JF

From October 2009 we will be re-locating to The Grove Primary School on Campkin Road

If you need doggy bags? Pop into No 37

Advertising Disclaimer

Please note that King's Hedges Neighbourhood Partnership does not investigate or make recommendations regarding any products or services advertised in this newsletter.
We cannot therefore be held liable for any differences that may arise between companies and clients.

Emergency Numbers

Emergency Gas
0800 111999

Emergency Power
0800 783 8838

Emergency Water
08457 145 145 and 01223 706050

GP (Camdoc) out of hours
01223 464242

Addenbrooke's Switchboard
01223 245151

Rosie Maternity
01223 217617

Cambridgeshire County Council Switchboard
01223 717111

Cambridge City Council
01223 457000

Cambridge City Council Out of Hours
01223 457457

Stagecoach
01223 423578

National Rail enquiries
08457 484950

Samaritans
08457 909090

Childline
0800 1111

National Debt line
0808 808 4000

The King's Hedges Neighbourhood Partnership is supported by Cambridge City Council Community Development Department.